

FOR MEDICAL USE ONLY
Emergency Treatment of Adrenal Crisis

1. **Immediate** 100mg Hydrocortisone i.v. or i.m. injection.
2. **Followed by** rapid rehydration with sodium chloride 0.9% solution (or equivalent) i.v. administration.
3. **Administer** 200mg hydrocortisone continuous i.v. infusion for 24 hours **or** i.v. or i.m. injection of 50mg hydrocortisone every 6 hours (100mg if severely obese) until clinical recovery.
4. **Liaise** with endocrinology team.



Scan here for further information or search
<https://www.endocrinology.org/adrenal-crisis>

Steroid Emergency Card (Adult)



IMPORTANT MEDICAL INFORMATION FOR HEALTHCARE STAFF

THIS PATIENT IS PHYSICALLY DEPENDENT ON DAILY or REGULAR STEROID THERAPY as a critical medicine. It must be given / taken / used as prescribed and never omitted or discontinued. Missed doses, illness or surgery can cause adrenal crisis requiring emergency treatment.

Patients not taking or using DAILY or REGULAR steroid therapy, or with a history of steroid usage within the last 12 months may also require emergency treatment.

Patient Name

Date of Birth H&C Number

Name of steroid medicine(s)

Why steroid prescribed

Emergency Contact (name & tel. no.)

ADVICE FOR PATIENTS

- **Always carry this card with you** and read the leaflet provided with your medicine.
- Show this card to any healthcare professional who treats you. If your steroid medicine has been discontinued, for the first 12 months following discontinuation, you must show this card to any healthcare professional treating you.
- **Please contact your GP, Emergency Department / Urgent Care Centre or Hospital Specialist and show them this card if:**
 - You are ill e.g. with high temperature, fever, or infection as you may need to increase your dose of steroid medicine temporarily. Always follow the medical advice you have been given on whether you should increase your dose.
 - You are vomiting or have diarrhoea as you may need to receive your steroid by injection that day.
 - If you have never had chickenpox, shingles or the shingles vaccine and you are in close contact with a person who has chickenpox, seek urgent medical advice.

If you are experiencing symptoms of adrenal insufficiency / Addison's / Addisonian crisis or emergency (e.g. vomiting, diarrhoea, dehydration, injury / shock) you should call 999

Emphasise that this may be a medical emergency AND describe your symptoms.

MEDICINES SECTION

1. **Name of steroid medicine(s):**

2. **If appropriate, please include any specialist medical advice: e.g. what to do if you become sick or unwell.**

3. **Please follow the medical advice you have been given about discontinuing your steroid medicine e.g. you may need to reduce your dose gradually if you have been taking it for more than three weeks.**